

Alcatraz Island, CA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:31	3.5	7:48	5.7	2:10	1.1	1:08	2.4	5:51	8:35	
2	Mon	9:57	3.7	8:28	5.8	3:04	0.6	2:05	2.8	5:51	8:35	
3	Tue	11:02	4.0	9:08	5.9	3:51	0.2	2:59	3.1	5:52	8:35	
4	Wed	11:52	4.2	9:48	6.0	4:32	-0.1	3:49	3.3	5:52	8:35	
5	Thu			12:32	4.4	5:10	-0.3	4:34	3.3	5:53	8:35	
6	Fri			1:08	4.5	5:46	-0.5	5:15	3.3	5:53	8:34	
7	Sat			1:40	4.6	6:20	-0.6	5:53	3.3	5:54	8:34	
8	Sun			2:10	4.7	6:53	-0.7	6:32	3.1	5:55	8:34	
9	Mon	12:26	6.1	2:40	4.8	7:25	-0.8	7:13	3.0	5:55	8:34	
10	Tue	1:06	5.9	3:10	4.9	7:58	-0.7	7:57	2.8	5:56	8:33	
11	Wed	1:48	5.7	3:41	5.1	8:32	-0.5	8:47	2.6	5:56	8:33	
12	Thu	2:34	5.3	4:14	5.3	9:07	-0.1	9:45	2.3	5:57	8:32	
13	Fri	3:28	4.8	4:48	5.6	9:45	0.4	10:49	1.9	5:58	8:32	
14	Sat	4:36	4.2	5:27	5.8	10:27	1.1			5:58	8:32	
15	Sun	6:04	3.8	6:11	6.1	12:00	1.4	11:16 AM	1.8	5:59	8:31	
16	Mon	7:47	3.7	7:00	6.4	1:11	0.8	12:14	2.4	6:00	8:31	
17	Tue	9:23	3.9	7:55	6.6	2:18	0.1	1:21	2.9	6:01	8:30	
18	Wed	10:36	4.3	8:52	6.9	3:19	-0.4	2:31	3.1	6:01	8:29	
19	Thu	11:32	4.6	9:49	7.0	4:14	-0.9	3:36	3.1	6:02	8:29	
20	Fri			12:19	4.8	5:05	-1.2	4:35	3.0	6:03	8:28	
21	Sat			1:02	5.0	5:52	-1.3	5:32	2.8	6:04	8:27	
22	Sun			1:42	5.2	6:36	-1.3	6:26	2.6	6:04	8:27	
23	Mon	12:27	6.7	2:20	5.3	7:18	-1.0	7:19	2.3	6:05	8:26	
24	Tue	1:17	6.3	2:57	5.4	7:57	-0.7	8:13	2.1	6:06	8:25	
25	Wed	2:06	5.7	3:32	5.5	8:35	-0.1	9:09	2.0	6:07	8:25	
26	Thu	2:57	5.1	4:07	5.6	9:12	0.5	10:07	1.8	6:08	8:24	
27	Fri	3:54	4.5	4:43	5.6	9:50	1.2	11:10	1.6	6:08	8:23	
28	Sat	5:02	4.0	5:21	5.6	10:31	1.9			6:09	8:22	
29	Sun	6:32	3.6	6:03	5.6	12:17	1.4	11:20 AM	2.5	6:10	8:21	
30	Mon	8:23	3.7	6:50	5.7	1:23	1.1	12:23	3.0	6:11	8:20	
31	Tue	9:51	3.9	7:41	5.7	2:25	0.8	1:35	3.4	6:12	8:19	